



MONTGOMERY COUNTY DEPARTMENT OF RECREATION

Clara Barton Seniors

January 2007

Wednesday 10:00 AM - 2:00 PM



Program Director: Joan Dorf - 7425 MacArthur Blvd . Cabin John . Maryland 301-229-0010

Clara Barton became a Neighborhood Senior Program in the autumn of 1996. It is a warm inviting group that always welcomes newcomers. The program sponsored by Montgomery County Department of Recreation meets Wednesday, 10:00 am to 2:00 pm. Drop in on Wednesdays, bring your lunch and try us out. Other senior activities at Clara Barton, include a volunteer led bridge time on Monday 12:15 pm to 2:00 pm. There is an exercise class especially designed for Seniors using elastic bands for strength training which meets Monday and Wednesday, 11:15 am to 12:00 noon. This is sponsored by Kaiser Permanente, Suburban Hospital and Montgomery County Recreation. It is a free program but it does require a doctor's permission.

January

Wednesday, January 3

10:00am -11:15am

Coffee, Tea, Conversation

11:15am – 12:00noon

Senior Shape

Senior exercises developed by Suburban Hospital, partnered by Kaiser Permanente and Montgomery County Recreation. .

1:00pm – 2:00pm

Guitarist and Singer Steve Gellman

Wednesday, January 10

10:00am – 11:15am

Good News, Conversation, Desserts, and Coffee

11:15am – 12:00noon

Senior Shape

1:00pm – 2:00pm

Yoga Instruction by Jo Alexander

Wednesday, January 17

10:00am – 11:15am

Blood Pressure Screening Given by Suburban Hospital

11:15am – 12:00noon

Senior Shape

Exercises for seniors presented by Suburban Hospital

1:00pm – 2:00pm

Young At Heart Dance Company

Wednesday, January 24

10:00am -- 11:15am

Current Events, Coffee and Tea

11:15am - 12:00noon

Senior Shape – designed specially for seniors

1:00pm - 2:00pm

Reverse Mortgage

Barbara Hillard, specialist from M&T Bank, speaks on the advantages of Reverse Mortgage

Wednesday, January 31

10:00am – 11:15am

Coffee and Current Events

11:15am – 12:00noon

Senior Shape

1:00pm – 2:00pm

Roger Langsdorf Lectures on “Israel Today”

This had to be rescheduled

Inclement Weather Policy

When Montgomery County Public Schools (MCPS) are **closed**, all senior classes and programs including lunch and transportation are **CANCELLED**.

If MCPS have a **delayed opening**, **all classes scheduled to begin at or after 10am may be held as usual**. If MCPS closes early, all evening classes and programs are cancelled.

During inclement weather, please listen to your radio for possible school closings or delayed openings. If schools have a scheduled holiday are closed that day, the Recreation Department will make announcements regarding its activities.

Resources for Seniors

Senior Vital Living

Supporting the independence of seniors

Your guide to senior employment, volunteer and life long learning opportunities can be found at www.montgomerycountymd.gov. Click on Residents, click on Aging Services and scroll down to Senior Vital living Montgomery.